



TUPPER SECONDARY – Weekly Student Bulletin

November 13 – 17, 2023 (Semester 1)

Weekly Cafeteria Lunch Menu:

VSB Food Services is starting a new rotational menu (5-week Cycle Menu) for all VSB schools. Menu is subject to change with the vagaries of food deliveries and student creativity.

	Monday	Tuesday	Wednesday	Thursday	Friday
Muffin \$2.50	Remembrance Day Holiday	Chocolate Chip Orange	Blueberry Coconut	Strawberry Banana	Apple Cinnamon
Biscuit \$2.75		Cheese biscuit		Cheese biscuit	
Daily Sandwiches \$5.00 Egg Salad ~ Tuna Salad ~ Veggie ~ Ham ~ Turkey					
Wrap \$5.50		Chicken Caesar	Pesto Chicken Caesar	Chicken Caesar	Pesto Chicken Caesar
Hoagie \$5.00		BLT	Beef	Pastrami	Beef
Chef Salad \$6.50 Hummus Box \$4.50					
Soup \$3.50 Soup & sandwich \$7.25		Roasted Tomato and Garlic	Cream of Mushroom	Potato and Bacon	TBA
Hot Sandwich		V Grilled Cheese	V Grilled Cheese	V Grilled Cheese	Ham and Swiss Panini
Entrée \$7.25		Mac & Cheese, Garden Salad, Garlic Toast	Thai Coconut Steamed Fish, Jasmine Rice, Broccoli	Beef Smokies, Cheese Perogies, Sautee Onion and Bell Pepper, Sour Cream	Pork Rib Burger, Coleslaw & Fries
Drop Cookie \$2.00		Chocolate Chip Vanilla	Double Chocolate Vanilla	Chocolate Chip Oatmeal	Double Chocolate Vanilla
Dessert Individually priced		Peach Cake	Mango Pudding	Cream Puffs	Churros

V = vegetarian V* = vegetarian option available but limited

ROARS - Respect Ownership Attitude Responsibility Safety

Weekly Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday
FIT (40 min) 8:40-9:20	Block 1 (80 min) 8:40-10:00	Block 1 (80 min) 8:40-10:00	Block 1 (80 min) 8:40-10:00	FIT (40 min) 8:40-9:20
Block 1 (60 min) 9:20-10:20	break (10 min)	break (10 min)	break (10 min)	Block 1 (60 min) 9:20-10:20
break (10 min)	Block 2 (80 min) 10:10- 11:30	Block 2 (80 min) 10:10- 11:30	Block 2 (80 min) 10:10- 11:30	break (10 min)
Block 2 (60 min) 10:30-11:30	Block 2 (80 min) 10:10- 11:30	Block 2 (80 min) 10:10- 11:30	Block 2 (80 min) 10:10- 11:30	Block 2 (60 min) 10:30-11:30
lunch (45 min) 11:30-12:15				
Block 3 (80 min) 12:15-1:35	Block 3 (60 min) 12:15-1:15	Block 3 (80 min) 12:15-1:35	Block 3 (60 min) 12:15-1:15	Block 3 (80 min) 12:15-1:35
break (10 min)	FIT (40 min) 1:15-1:55	break (10 min)	FIT (40 min) 1:15-1:55	break (10 min)
Block 4 (80 min) 1:45 -3:05	break (10 min)	Block 4 (80 min) 1:45 -3:05	break (10 min)	Block 4 (80 min) 1:45 -3:05
	Block 4 (60 min) 2:05-3:05	Block 4 (80 min) 1:45 -3:05	Block 4 (60 min) 2:05-3:05	Block 4 (80 min) 1:45 -3:05

NEW ITEMS:

In Lieu of Remembrance Day: **Monday, November 13 (No School)**
School is closed.

Block Rotation, 2-1-4-3: Wednesday, November 15

Fire Drill: Wednesday, November 15 (@ 11:15am)

A message from the Literacy and Applied Literacy students:

We have a problem between Palestine and Israel. In the Gaza Strip, there are so many children dying. The children do not have homes, food, or hospitals. There is no medicine and no safe place to go. We cannot help them with all of these problems by ourselves, but there is a group working in Gaza that can help called Doctors Without Borders. This group can give so many things to help them. They can give people shelter, water, food, medicine, and much-needed healthcare services. We are students from the Tupper Literacy and Applied Literacy Programs. We are looking for donations from the Tupper community. We can make a difference. We can change our feelings of hopelessness to those of hope. We are collecting cash or online donations to help Doctors Without Borders with their goal of helping people during times of war.

To donate to our campaign, click here: <http://action.msf.ca/goto/TupperGlobalAid>

Doctors Without Borders / Médecins Sans Frontières (MSF) Canada
Medical aid where it is needed most. | Fournir une aide médicale là où elle est la plus vitale.

GoCards Pick Up in the Office:

Please come to the Office to pick up your unclaimed student ID if you missed the distribution day.

Girls Basketball Open Gym: Every Tuesday morning

Starting on Tuesday morning (Oct. 10) there will be Girls Basketball Open Gym every Tuesday at 7:30-8:30am in the Big Gym. Open to all grades and skill levels.



Student Council Suggestion Box:

Hey tigers! Do you have any ROARSy suggestions, questions, comments, or concerns for Student Council? We have an online suggestion box where you can give us feedback or ideas that you have! You can access the suggestion box by using the link below or visiting the bio of our Instagram @tuppercouncil!

<https://forms.gle/xTnnMzFu5ysnUfmR9>



Tupper 2023-24 Clubs List:

It's not too late to join a club. Please check out the link below to see the completed list. https://www.vsb.bc.ca/sir-charles-tupper/_ci/p/68412

Club name	Meeting Time	Meeting place	Club Sponsor	Club president (s)
Finance Club	Fit time (afternoon)	?	Jordan McApline	Oscar Watt
Feminism in Fiction	Tues Lunch (bi weekly)	416	Steph Henderson	Maya Chiang, Nicole Tang, Catriona Martens
STEM council	Weds Lunch	405	Rob Florio	Jaime Iturra
Best Buddies	Thurs Lunch	lifeskills	Jade Gerlah	Brianna To
Student Voice Program	Weds Lunch	400	W. Wong, A. Dong, A. Lum	hayley
Bibliophiles Anonymous	Thurs Lunch	Ms. Patterson's	R. Patterson	Torin Landucci
Career Club	Fit time (afternoon)	Ms. Lau's	Jordan McAlpine	Oscar Watt
Dance Club	Weds afterschool	Auditorium	Z. Read	Edina Duzic
Craft Club	Thurs Lunch	Textiles	Siu Ma	Clarice Radke
Floor Hockey	Fri Lunch	Small Gym	E. Jay	Conan Gilhules
Library Society	Tues Afterschool	Library	Guy Deners	Tara Zarowski-Adair
Female Ice Hockey	tbd	Local rinks	E. Jay	Noah Baker-Noyes, Caitlyn Mills (VP)
Tupper Film	Tues Lunch	404	Hulquist	Sophie Thompson
Tuppshop	Lunch	412	J. McAlpine	Elliot Goldstein
Tiger Media	Weds Afterschool	104	S. Coderre	Tbd

Music Jam	Tues Afterschool	102	S. Coderre	Kevin Dao
Weight Training	Mon/Tues/Thurs/Fri	weightroom	Steven Hsu	Jason Zhou
Anime Club	Fri Lunch	209	A. Dong	Kevin Nguyen
Diversity Club	Fri Lunch	422	J. Braun	Lex McNeill
Social Activism	Mon Lunch	204	Lee Bensted	Isabel Sandhu
Board Games	Everyday Lunch	Library	J. lee	Anders Hrushaws
Jazz Band	?	306	Cavaletto	Marlo Morgan
Crochet Club	Thurs Afterschool	Library	G. Demers	Connie Wu
Tupper Technical Theatre	Mon Lunch	dramatorium	Heidi Rogers	Kian Castro
Swiftie Club	Last Thurs of month	401	Mr. Lum	Oscar Eller Cleo Anderson
Dungeons & Dragons	Fri Afterschool	Library	Mr. Lee	Oscar Eller Anders Hrushowy
Tupper Tennis	Tues/ Fri Lunch	Tennis Court	Sean	Nate Chin
SCT Esports	Fri Afterschool	422	M. Myers	Maximus Xavier
Automotive Club	variable	Autoshop	J. Hamilton	Brody Sewell
Ultimate Club	Fri 3:15-4:30	Small gym	Jonathan Hultquist	Aisha McIntosh

HELPFUL RESOURCES:

School Fees:

School fees can be paid online by visiting <https://vsb.schoolcashonline.com/> If this is your first time using our online fee payment system, please register using your student's name. You can pay for school fees, course fees and workbook fees! Should you have any questions, please email tupper@vsb.bc.ca.

General Inquiries:

Please take a moment to visit and familiarize yourself with our school website, tupper.vsb.bc.ca as we update our website daily. Staff contact information is also available on Tupper school website.

Should you have any general inquiries, please feel free to email us at tupper@vsb.bc.ca and we will respond to your email as soon as possible.

Having Problems with MyEd Family Portal:

Please note that access to the MyEd Family Portal is shared with the student and parents/guardians. With the current limitations of the system, this means that the log in, password, and email associated with the account need to be shared. Please review this link for more information about MyEducation Account Management.

<https://www.vsb.bc.ca/page/5038/account-management>

How to access your child's report card on the MyEducation Family Portal:

1. Go to the MyEd Family Portal Website
2. Type in the student number as the login ID
3. The password is the one that you and your child have already been using
4. You will find the MOST UPDATE report card under "Published Reports" on the right-hand side
5. Please note report cards are deleted when new reports are generated. You may wish to save a copy for your records.

What if I forgot my MyEd password?

You can reset your password through the below password recovery link.

https://media.vsb.bc.ca/docs/f985109d-3deb-420d-835e-ff2872c70a22_QRG%20Resetting%20a%20Password%20or%20Enabling%20a%20Disabled%20Account.pdf

1. Click on the "I forgot my password" link
2. A response should come to the email that is associated with the account
3. If you do not recall the email associated with the account, please send an email tupper@vsb.bc.ca to request assistance

What if my MyEducation account is disabled?

Please send an email to tupper@vsb.bc.ca if your MyEd account is disabled.

Having Problems with Office 365:

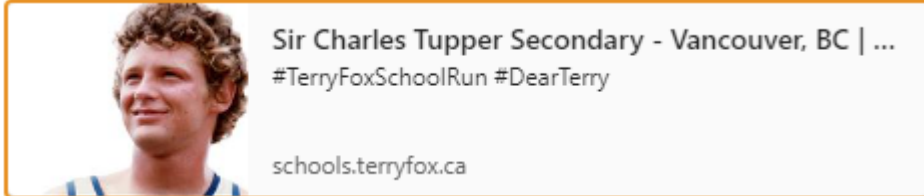
Students are able to reset their own Office 365 passwords through this link https://www.vsb.bc.ca/sir-charles-tupper/_ci/p/15848. Please note that you will require your birthday as well as your Personal Education Number (PEN) which you can obtain from your MyEd account or you can find it on a past report card. Please also review this link for students to reset Office 365 passwords. https://media.vsb.bc.ca/sb365media/attachments/18770d09-9e67-435d-b1ca-d1c56d4fac79_InstructionsforStudentstoResetPasswords.pdf

Do Not Know Your PEN # (Personal Education Number):

You can request your PEN number through this link <https://kchoice.vsb.bc.ca/penrequest.aspx>

Terry Fox Run:

Terry Fox Run takes place for all PE students in Semester 1 students this Wednesday, Sept. 27th. Students in Semester 2 will also do in the spring time. Please consider donating to the cause which is so near and dear to many of us. Thank you! <https://schools.terryfox.ca/31902>



[Sir Charles Tupper Secondary - Vancouver, BC | Terry Fox School Run](#)